

**NINDS CDE Notice of Copyright
Life Satisfaction Questionnaire (LiSAT-9)**

Availability:	<p>Please visit this website for more information about the instrument: Life Satisfaction Questionnaire Instrument Link</p> <p>The instrument is freely available here: Life Satisfaction Questionnaire – 9 link</p> <p>Additional information on this measure can be found on: The Rehabilitation Measures Database at: Life Satisfaction Questionnaire (LiSAT-9) The Spinal Cord Injury Rehabilitation Evidence Project: The Spinal Cord Injury Rehabilitation Evidence Project Life Satisfaction Questionnaire Clinical Summary and The Spinal Cord Injury Rehabilitation Evidence Project Life Satisfaction Questionnaire Link</p>
Classification:	Supplemental: Spinal Cord Injury (SCI)
Rationale / Comments:	<p>The LiSAT-9 has been used with SCI sample. The measure is not highly sensitive to change; clinical application is limited. At least one study shows good reliability, validity and responsiveness.¹</p>
Short Description of Instrument:	<p>The Life Satisfaction Questionnaire is available in 9 and 11 item versions. The nine-item version contains a single item assessing overall life satisfaction, along with eight additional items that are domain-specific including:</p> <ol style="list-style-type: none"> 1. Life as a whole 2. Self-care management 3. Contacts with friends 4. Vocational 5. Family life 6. Partner relationships 7. Financial 8. Leisure situations 9. Sex life <p>No studies in SCI have used the 11 item version, which is an extension of the 9 item version, adding 2 domains: somatic and psychological health.</p>
Psychometric Properties	<p>Feasibility: Easy to use, short (10–30 minutes).</p> <p>The LiSAT has good construct/criterion validity with SCI (Post, M. et al 1998)</p> <p>See the Rehabilitation Measures Database linked above for detailed reliability, consistency, and validity information.</p>

¹ [The Spinal Cord Injury Rehabilitation Evidence Project Life Satisfaction Questionnaire Link](#)

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Scoring:	<p>The nine items are scored on a 6-point scale:</p> <p>1 = very dissatisfied</p> <p>6 = very satisfied</p> <p>The total score is a mean of the nine individual scores and ranges from 1-6.</p>
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